



Week 1 Week 2 Week 6 Week 7 Week 3 Week 4 Week 5 Week 8

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
7 miles.	Rest day.	3 miles.	Workout:	5 miles.	Rest day.	2 miles.
Long distance run at a		Long distance run at a	Cross train for 30 minutes	Long distance run at a		Long distance run at a
conversational pace.		conversational pace.	- walk, swim, or bike.	conversational pace.		conversational pace.

30 minute recovery walk.

Notes:	



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
7 miles.	Rest day.	4 miles.	Workout:	5 miles.	Rest day.	3 miles.
Long distance run at a		Long distance run at a	Cross train for 30 minutes	Long distance run at a		Long distance run at a
conversational pace.		conversational pace.	- walk, swim, or bike.	conversational pace.		conversational pace.

30 minute recovery walk.

Notes:	



Week 1 Week 2 Week 3 Week 4 Week 6 Week 7 Week 5 Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles.	Rest day.	4 miles.	Workout:	5 miles.	Rest day.	3 miles.
Long distance run at a		Long distance run at a	Cross train for 45 minutes	Long distance run at a		Long distance run at a
conversational pace.		conversational pace.	- walk, swim, or bike.	conversational pace.		conversational pace.

30 minute recovery walk.

Notes:	

Training Plans • Half Marathon Advanced



Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles.	Rest day.	5 miles.	Workout:	6 miles.	Rest day.	4 miles.
Long distance run at	а	Long distance run at a	Cross train for 45 minutes	Long distance run at a		Long distance run at a
conversational pace.		conversational pace.	- walk, swim, or bike.	conversational pace.		conversational pace.
				4x 100M strides.		30 minute recovery walk.

Notes:	



Week 1 Week 2 Week 3 Week4 Week 5 Week 6 Week 7 Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles.	Rest day.	5 miles.	Workout:	6 miles.	Rest day.	3 miles.
Long distance run at a conversational pace.		Long distance run at a conversational pace.	Cross train for 45 minutes - walk, swim, or bike.	Long distance run at a conversational pace.		5K race or 3 mile run.

4x 100M strides.

Notes:		



Week 6 Week 1 Week 2 Week 3 Week4 Week 5 Week 7 Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles.	Rest day.	6 miles.	2 miles.	7 miles.	Workout:	5 miles.
Long distance run at a		Long distance run at a	Long distance run at a	Long distance run at a	Cross train for 30	Long distance run at a
conversational pace.		conversational pace.	conversational pace.	conversational pace.	minutes - walk, swim, or	conversational pace.
					bike.	
			30 minute recovery walk.	4x 100M strides.		

Notes:		



Week 7 Week 1 Week 2 Week 3 Week4 Week 5 Week 6 Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
11 miles.	Rest day.	6 miles.	3 miles.	8 miles.	Workout:	5 miles.
Long distance run at a		Long distance run at a	Long distance run at a	Long distance run at a	Cross train for 30	Long distance run at a
conversational pace.		conversational pace.	conversational pace.	conversational pace.	minutes - walk, swim, or	conversational pace.
					bike.	
		4x 100M strides.	30 minute recovery walk.			4-6x 100M strides.

Notes:	



Week 1 Week 2 Week 3 Week4 Week 6 Week 7 Week 8 Week 5

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles.	Rest day.	6 miles.	4 miles.	7 miles.	Workout:	5 miles.
Long distance run at a		Long distance run at a	Long distance run at a	Long distance run at a	Cross train for 30	Long distance run at a
conversational pace.		conversational pace.	conversational pace.	conversational pace.	minutes - walk, swim, or	conversational pace.
					bike.	
		4-6x 100M strides.	30 minute recovery walk.			4-6x 100M strides.

Notes:	



Taper - Optional 1

Taper



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
9 miles.	Rest day.	4 miles.	Workout:	4 miles.	Rest day.	Run your race!
Long distance run at a	3	Long distance run at a	Cross train for 30 minutes	Long distance run at a		
conversational pace.		conversational pace.	- walk, swim, or bike.	conversational pace.		
otes:						